## Health & Physical Education 5

Basic Course Information			
Course Number	03005060	Subject Category	Compulsory(G)
Class Format	Experiment / Practical training	Credit Type and Number of Credits	1
Department	Electrical and Electronics	Student Category	Year 3
Period of Study	Semester 1	Classes per Week	1
Required Materials	หนังสือเรียบสุขศึกษาและพลศึกษา	ขันมัธยมศึกษาปีที่ 4 ตามหลัก	สุดรแกนกลางการศึกษาชินพื้นฐาน ห
Instructor	Aj Marut Songsakchai	Aj Waraporn Buayai	

Evaluation(Rubrio)	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Fail)
Assessment Topic 1	Understand and explain knowledge of Health promotion and disease prevention in the community, and the functions of the body's systems.	Understand knowledge of Health promotion and disease prevention in the community, and the functions of the body's systems,	Cannot understand and explain knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.
Assessment Topic 2	substance abuse. Violence in society and enhancing community safety.	enhancing community safety.	Cannot recognize and understand prevention of current substance abuse. Violence in society and enhancing community safety
Assessment Topic 3	advertising media. Nutrition principles for exercise and	Understand guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for searcise and have basic table tennis sidils for physical, social, emotional, and mental development.	Cannot understand and explain suidelines for safe and smart consumer choices. Characteristics of adversising media, Nutrition principles for exercise and have basic table tennis skills for physical, sodal, emotional, and mental development.

## Polastionarilo with Learning Outcomes G44 Creativity to make a new value with fusing the knowledge from various fields. GIS As an engineer, attitude to act with eventeness of scotal roles and responsibility to make a better scotaly. Please change

Teaching Method

Semester 1	Contents and Method of Course	Goels	Related MCC
		d. I be decreased the control of the	W-B 2
		Understand the principles     of nutrition for exercise and	W-B 2
1st week	Principles of nutrition for exercise	of nutrition for exercise and apply them in daily life, 2. Know how to manage calories for yourself,	11-C 3
		colories for you realf	40 0
		000010010070010011	
			VI-B 2
		Know how to read food labels, 2, Characteristics of health advertising media	W-B 2
2nd week	Guidelines for safe and smart consumption choices	labels, 2. Characteristics of	III-C 3
		neath advertising media	
			W-A 1
		Understand the causes of accidents 2 Students have	III-C 3
3rd week	Community Safety	life skills to prevent	= 0 0
		Understand the causes of accidents, 2, Students have life skills to prevent accidents.	
			1E-A 1
		Presentation on ways to prevent and increase security in the community.	W-A 1 W-C 3
4th week	Community Safety Presentations	prevent and increase	= 0 0
		second at the continuous.	
			W-8 2
			11-B 2
	Health promotion and disease prevention in the	health nrohlems and have	II-B 2
5th week	community	knowledge in disease	TI-C 3
	001110110	Understand community health problems and have knowledge in disease prevention.	
		1 Studento boun longuidades	TI-D 4
		of disease prevention and its	III-D 4
6th week	Sex education	effects on themselves, 2,	III-D 4 III-D 4
		Students have knowledge of disease prevention and its effects on themselves, 2. Understand about sexual harassment,	
	<u> </u>	THOU OLD OF THE TI,	
			III-D 4
		Prepare for table termin	III-D 4
7th week	Prevention of current substance abuse	Prepare for table tennis class and understand the history of table tennis,	III-D 4
		history of table tennis.	TE-D 4
			III-D 4
			10-D 4
8th week	Nervous system, reproductive system and endocrine system	Understand the functions of the body's systems,	III-D 4
OUT WORK	system	the body's systems.	TE-D 4
			ш-1 9
			W-1 9
9th week	Midterm exam		
SITT WHEK	Midlerm exam		
			III-D 4
		Prepare for table tennis class and understand the history of table tennis.	III-D 4
10th week	Orientation for table tennis classes	class and understand the	III-D 4
		ristory of table terms.	
			III-D 4
	Plants solds sounds at the analysis at all and a solds.		III-D 4
11th week	Basic table tennis skills and physical education activities	Can holding the paddle.	II-0 4
			TII-D 4
			10-D 4
12th week	Basic table tennis skills 1	Can forehand Drive.	III-D 4
			40 4
			TII-D 4
			TE-D 4
13th week	Basic table tennis skills 2	Can backhand Drive.	10-D 4
			III-D 4
			TE-D 4
			III-D 4
14th week	Table tennis serve skills	Can serve both forehand	III-D 4 III-D 4
14th week	Table tennis serve skills	Can serve both forehand and backhand.	III-D 4 III-D 4
14th week	Table tennis serve skills	Can serve both forehand and backhand.	III-D 4 III-D 4
14th week	Table tennis serve skills	Can serve both forehand and backhand.	III-O 4 III-O 4 III-O 4
14th week	Table tennis serve skills		III-D 4 III-D 4 III-D 4 III-D 4 III-D 4
14th week	Table tennis serve skills  Table tennis smash skills		11-0 4 11-0 4 11-0 4 11-0 4 11-0 4
		Can serve both forehand and backhand,  Can smash both forehand and backhand,	11-0 4 11-0 4 11-0 4 11-0 4 11-0 4
			11-0 4 11-0 4 11-0 4 11-0 4 11-0 4
			11-0 4 11-0 4 11-0 4 11-0 4 11-0 4
		Can smash both forehend and backhand.	E-O 4 E-O 4 E-O 4 E-O 4 E-O 4 E-O 4 E-O 4 E-O 4
	Table tennis smash skills	Can smash both forehend and backhand.	E-O 4
15th week		Can smash both forehand and backhand.	#*O 4 #*O 5
15th week	Table tennis smash skills		□ 0 4 □ 0 5 □ 0 4 □ 0 5 □ 0 5
15th week	Table tennis smash skills	Can smash both forehand and backhand.	= 0 4 = 0 5 = 0 4 = 0 5 = 0 5
15th week	Table tennis smash skills	Can smash both forehand and backhand.  Understand the rules and resultations of table ternis connections.	第令 4 第令 4 第令 4 第令 4 第令 4 第令 4 第令 4 第令 4
15th week	Table tennis emisch skills  Rules and regulations of table tennis corrections	Can smash both forehand and backhand.  Understand the rules and resultations of table ternis connections.	第令 4 第令 4 第令 4 第令 4 第令 4 第令 4 第令 4 第令 4
15th week	Table tennis smash skills	Can smash both forehand and backhand.	第〇 4 第〇 4 第〇 4 第〇 4 第〇 4 第〇 4 第〇 4 第〇 4
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15th week	Table tennis emisch skills  Rules and regulations of table tennis corrections	Can smash both forehand and backhand.  Understand the rules and resultations of table ternis connections.	명이 4 명이 4 명이 4 명이 4 명이 4 명이 4 명이 4 명이 4
1591 week 1691 week 1791 week	Table terms smain skills  PLAss and regulations of table termis correlations  Table Termis match	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	명이 4 명이 4 명이 4 명이 4 명이 4 명이 4 명이 4 명이 4
15th week	Table tennis emisch skills  Rules and regulations of table tennis corrections	Can smash both forehand and backhand.  Understand the rules and resultations of table ternis connections.	명이 4 명이 4 명이 4 명이 4 명이 4 명이 4 명이 4 명이 4
1591 week 1691 week 1791 week	Table terms smain skills  PLAss and regulations of table termis correlations  Table Termis match	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4
1591 week 1691 week 1791 week	Table terms smain skills  PLAss and regulations of table termis correlations  Table Termis match	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4
1591 week 1691 week 1791 week	Table terms smain skills  PLAss and regulations of table termis correlations  Table Termis match	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4
1091 week 1091 week 1791 week 1891 week	Table termis smash skills  Ruke and regulations of table termis correctitions  Table Termis match  Table Termis skills test	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	報令 4 報令 4 報令 4 報令 4 報令 4 報令 4 報令 4 報令 4
1591 week 1691 week 1791 week	Table terms smain skills  PLAss and regulations of table termis correlations  Table Termis match	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4
1091 week 1091 week 1791 week 1891 week	Table termis smash skills  Ruke and regulations of table termis correctitions  Table Termis match  Table Termis skills test	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4 명한 4
1091 week 1091 week 1791 week 1891 week	Table termis smash skills  Ruke and regulations of table termis correctitions  Table Termis match  Table Termis skills test	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	#0 4 #0 4 #0 4 #0 4 #0 4 #0 4 #0 4 #0 4
1091 week 1091 week 1791 week 1891 week	Table termis smash skills  Ruke and regulations of table termis correctitions  Table Termis match  Table Termis skills test	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	#0 4 #0 4 #0 4 #0 4 #0 4 #0 4 #0 4 #0 4
109 week 109 week 179 week 189 week	Table termin smooth skills  Filium and regulations of table termin connections  Table Termin match  Table Termin skills test  Final exam	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	#0 4 #0 4 #0 4 #0 4 #0 4 #0 4 #0 4 #0 4
109 week 109 week 179 week 189 week	Table termin smooth skills  Filium and regulations of table termin connections  Table Termin match  Table Termin skills test  Final exam	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	E
1091 week 1091 week 1791 week 1891 week	Table termis smash skills  Ruke and regulations of table termis correctitions  Table Termis match  Table Termis skills test	Can emain both forehend and bedehand. Understand the rules and resulter as it sales services connections.  Can play table termin and understand the rules.	E() 4   E() 4   E() 4   E() 4   E() 4   E() 5   E() 6   E()

	Examination	Quez	Musual Evaluations between equipmes	Report	Portfolio	Other
Basic Ability	30	10	40	10	10	
Technical Ability						